

▲ Self: Activities that work on the individual

● Relationships: Activities that work with peers/families/friends

■ Society: Activities contributing to the community outside of the CFO Activity Hub

MARCH- WEEK 1



Doncaster CFO
Activity Hub

Unit 25/27
7 Queens Crescent
Doncaster
DN1 3JN

Reception number:
07502299992

9:30am – 16:00pm
Monday – Friday

If you ever need a cuppa
or a chat, pop in.

Monday	Tuesday	Wednesday	Thursday	Friday
9.30am Drop-in support	9.30am Drop-in support	9.30am Drop-in support	9.30am Drop-in support	9.30am Drop-in support
▲ CBT- Paul 10:00 -14:00 ● Cooking on a budget-Sharon 10:30 - 12:30 	▲ Employability with Rachel 10:00 - 12:00 Housing with Sharon ▲ 9:30 - 12:30 	● Baking with Jo 10:30 - 12:30 ▲ Employability with Steve 10:00 - 12:00 	Health, Fitness & Wellbeing Circuit/Fitness ● 10:00 - 11:00 Nutrition ● 11:00 -12:00 	● Breakfast and Manplan- Steve 10:00 - 12:30 ● Men's mental health - Steve 
▲ UPW -Jenny 12:00 -14:00 ▲ Accessing support with Jo 13:30 - 15:30 	▲ CBT - Paul 10:00 - 14:00 ▲ Personal Development with Jenny 13:00 - 15:00 	Basics IT Skills - Jenny 1pm - 3pm ▲ Arts& Crafts - Joanne ● 13:00 -15:00 	● Walking Group 13;30 - 14;30 ▲ 1-2-1 Session 14;30 - 15;30 ● Group Yoga 15:30 - 16:30 	● Music with Rachel 10:30 - 12:30 Team Quiz/ Social Games ● 13:00 - 15:00 
3pm - 4pm Drop-in support	3pm - 4pm Drop-in support	3pm - 4pm Drop-in support	3pm - 4pm Drop-in support	3pm - 4pm Drop-in support



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MARCH- WEEK 3



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MARCH- WEEK 4



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MARCH- WEEK 5



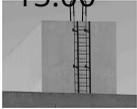
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